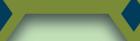


Spring into Action

ARPIL 13, 2022-Virtual Event









- Complete any type of physical activity at anytime throughout the day for at least 30 minutes.
- **Upon completion REPORT your activity** minutes (see options below).
- Registration required ONCE per calendar year.
- You will receive ONE free 2022 JMIO T-Shirt.
- Register at oneida-nsn.gov/resources/health/ health-promotions/jmio/ (click on registration form).

How to Report Your Activity Minutes (Pick One Option)

- oneida-nsn.gov/resources/health/health-promotions/jmio/ (click on activity minute submission).
- Post a picture on our Facebook page.
- E-mail or call Hanna Leisgang.

Follow Us on Facebook



@JustMovelt Oneida

T-Shirt Pick-Up Info

Woodland Church - 760 Airport Dr. Where:

4.12.22 ♦ 3:30-5:15pm When:



For More Information or Questions Contact Hanna Leisgang phone: 920.490.3927

e-mail: hleisgan@oneidanation.org